



What makes us healthy?

Education and skills

Education, skills and training are critical for people to develop supportive social connections, access good work, develop an interest in life-long learning and problem solving. They also help people feel empowered, valued and have control over their lives.



There is a large body of evidence which strongly and consistently links education with health, even when other factors like income are taken into account.¹ **Inequalities in early childhood deepen during school years and have an impact on qualifications and wages, ultimately affecting health outcomes.**²

Digital exclusion, due to cost and affordability of digital devices, and/or lack of skills **disproportionately affects people in low-income households**. For young people, this has an impact on education and future employment opportunities, and for older people, it can also increase social isolation.



As people increase their knowledge and build skills, they also build their confidence. Evidence from our evaluations and project reports shows **that people actively involved in projects have gained skills in communicating, influencing and negotiating with other organisations.**

Without the ability to communicate in English, many migrants and refugees are often pushed to the fringes of the community, but people really want to learn. We're trying to help people build the skills they need to live a happy life, to support their families, get to know their neighbours and make friends in the community."

Phoebe Cullingworth, Development Manager at EFA London, Active Communities

If you lack confidence, don't speak English, or you're not digitally skilled, you can feel like your kids think you're nothing. I can't tell you how powerful it is when a mother takes back her pride and finds her confidence again. When they learn something new... everything changes."

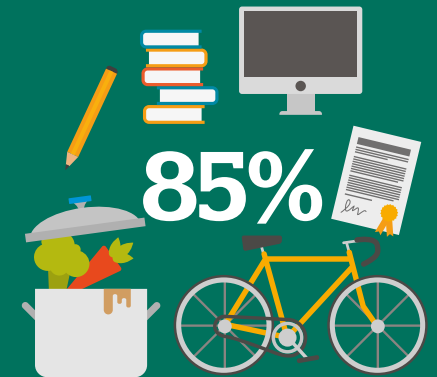
Leyla Laksari, CEO, Living Under One Sun, Active Communities.

4 years



By the age of 30 those with the highest levels of education **are expected to live four years longer** than those with the lowest levels of education.³

85%



85% of people who participated in an Active Communities funded project said they **had learnt and developed new skills.**⁴



1. Robert Wood Johnson Foundation, Education and Health, 2011.
2. Institute of Health Equity, *The Marmot Review, 10 Years On*, 2020
3. The OECD, *Health at a Glance 2019, OECD Indicators*, 2019
4. People's Health Trust, *Active Communities Evaluation*, 2020